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**Original article**
**Postpartum depression- A study from a tertiary care hospital**

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**Abstract**

**Background**: Postpartum depression is a non psychotic depressive episode of mild to moderate severity. The preventive measures, early intervention and identification can reduce sufferings of the mother and minimize its potential harmful effects on the baby.

**Material & Methods**: Present study was a hospital based cross sectional study conducted in the pot natal ward of a tertiary care hospital in Andhra Pradesh. A total of 100 postpartum women were selected from the postnatal ward using simple random sampling technique. Mothers were interviewed using a pre designed questionnaire based on DSM-IV diagnostic criteria for major depression.

**Results**: The overall prevalence of postpartum depression was found to be 22% (n=22). Prevalence of depression was more among women who were less than 25 years age group and illiterate women (p<0.05). Primi parous women and women having single child also had more depression compared with multiparous women. Family support during pregnancy and delivery had significant impact on post partum depression and it was statistically significant (p=0.01).

**Conclusions**: Special concentration needs to be given on counselling aspects during pregnancy especially for women who are young and pregnant for first time. Involvement of partner during ante natal visits would reduce the stress on the women.

**Keywords**: postpartum depression, prevalence, factors, hospital